



## Playa Vista Schedule

1. What to bring - water, towel (or mat), positive attitude, and a desire to improve your mind and body.
2. Location for 6:30am: Sports Park ([Map](#))  
--13196 W Bluff Creek Dr, Los Angeles, CA 90094  
Location for 6:30pm: Celadon Park ([Map](#))  
--12923 W Bluff Creek Dr, Playa Vista, CA 90094

### JAN 11 – FEB 13

Mon	Tue	Wed	Thu	Fri	Sat
<b>Jan 11</b> <i>6:30am, 6:30pm</i>	<b>12</b>	<b>13</b> <i>6:30am, 6:30pm</i>	<b>14</b>	<b>15</b> <i>6:30am, 6:30pm</i>	<b>16</b>
<b>18</b> <i>6:30am, 6:30pm</i>	<b>19</b>	<b>20</b> <i>6:30am, 6:30pm</i>	<b>21</b>	<b>22</b> <i>6:30am, 6:30pm</i>	<b>23</b>
<b>25</b> <i>6:30am, 6:30pm</i>	<b>26</b>	<b>27</b> <i>6:30am, 6:30pm</i>	<b>28</b>	<b>29</b> <i>6:30am, 6:30pm</i>	<b>30</b> <i>Hiking at 9am (Temescal Canyon Park) - <a href="#">Map</a></i>
<b>Feb 1</b> <i>6:30am, 6:30pm</i>	<b>2</b>	<b>3</b> <i>6:30am, 6:30pm</i>	<b>4</b>	<b>5</b> <i>6:30am, 6:30pm</i>	<b>6</b>
<b>8</b> <i>6:30am, 6:30pm</i>	<b>9</b>	<b>10</b> <i>6:30am, 6:30pm</i>	<b>11</b>	<b>12</b> <i>6:30am, 6:30pm</i>	<b>13</b>